

RADY FACULTY OF HEALTH SCIENCES PRESENTS

# HEALTH TALKS

*engage your mind*  
**2019-2020**

7:00 PM - 9:00 PM | REH-FIT CENTRE  
1390 TAYLOR AVE. | WINNIPEG, MB

From October to March, join us at the Reh-Fit Centre for a series of stimulating, interactive lectures on timely health and wellness issues by acclaimed experts, brought to you by the University of Manitoba, Rady Faculty of Health Sciences.

## FREE ADMISSION

**THURSDAY, OCTOBER 10, 2019**

### I THINK I AM HAVING A HEART ATTACK

Dr. Kieran Daly  
Consultant Cardiologist, Galway University Hospital and  
Clinical Professor Department of Medicine, National University of Ireland

**THURSDAY, NOVEMBER 14, 2019**

### MY SUGARS ARE UP - NOW WHAT?

MY SUGARS ARE UP - NOW WHAT?  
Diabetes Nurse Educator

NEW TREATMENTS IN DIABETES  
Dr. Carmen Hurd

**WEDNESDAY, DECEMBER 4, 2019**

### THESE JOINTS ARE JUMPING - PREVENTION STRATEGIES FOR HEALTHY JOINTS

OSTEOARTHRITIS PREVENTION  
Dr. Glen Thompson

BONE FITNESS: HIPS AND KNEES (SKILLS)  
Reh-Fit Team

**THURSDAY, FEBRUARY 13, 2020**

### LIVER DISEASE AND OBESITY - MAKING THE CONNECTION

FATTY LIVER DISEASE  
Dr. Stephen Wong

DIETARY MANAGEMENT OF OBESITY  
Reh-Fit Team

**WEDNESDAY, MARCH 11, 2020**

### MIND OVER MATTER - MANAGING ANXIETY THROUGH MINDFULNESS

GENERALIZED ANXIETY DISORDER  
Dr. Jane Moody

MINDFULNESS TECHNIQUES (SKILLS)  
Dr. Jillian Horton

TO REGISTER, CALL 204-789-3238 OR  
EMAIL [HEALTHTALKS@UMANITOBA.CA](mailto:HEALTHTALKS@UMANITOBA.CA)